

SHOW THE DIGNITY OF GOOD FARMING

Do That and Rulious Rush to the Cities Will Be Checked.

A WORK FOR THE SCHOOLS

Interesting Lectures on Rural Life Delivered at University Normal.

[Special to The Times-Dispatch.] UNIVERSITY OF VIRGINIA, CHARLOTTESVILLE, Va., July 17.—Show the farmer the dignity of good farming, teach the children the best methods of farming, and show them the beauty of country life, stop the ruinous rush to the cities, and you will have a share in the recovery of the South's old prestige, that will be worthy of your ancestors, urged Clarence H. Poe, editor of the Progressive Farmer, of Raleigh, N. C., in an address before the Rural Life Week audience at the University of Virginia summer school.

Mr. Poe's theme was "The Agricultural Revolution: What It Means and How It Is to Be Brought About."

He showed that for centuries farming had been practically stationary, but that the twentieth century will see a revolution in agricultural life and methods that will surpass the commercial revolution of the nineteenth century. "Other sections of the land are already feeling the movement," he said, "but the South, in which farming is the backbone of life, is slow to change. It is the duty of the present generation to work for this better day, to help remake the South. The fundamental need is to show the farmer how to make more money per acre. So long as the Southern farmer produces \$500 a year less than the Northern farmer his highest civilization cannot be wrought out."

"This must be done by adapting the scientific culture of the soil to the conditions. The people must be taught that farming is a profession, and that the best in the man and that to be one's own boss, to own a piece of God's creation and to be a creator of wealth is better than to sell calico over a counter. Practically this can be done by individual effort, by growing better seed, raising crops, more live stock, etc. And second, by co-operation among the farmers themselves. The organization and methods of modern manufacture must be applied. In the country include farmers' institutes, test farms, rural free delivery, better sanitation, better roads and the county telephone."

"In North Carolina alone the difference in value between the cotton from the best seed and from scrub seed amounts to \$3,000,000 a year. This is twice the school fund. Every farmer must learn to call upon the State and National Departments of Agriculture. Efforts must be made to build better homes, for conditions of life that will develop the highest and best the land has in it."

An Imperative Need. Mr. Poe then addressed himself particularly to the teachers. He declared: "I would urge upon you the imperative need for making the rural schools educational systems has been made by city people for city people. To this fact it is due that the school has not taken hold on farm life. Our textbooks should be changed, for they do not even suggest to the child the possibility of actual science and training in agricultural work. Arithmetic, spelling and physiology contain facts for the clerk and the broker, not for the farmer. Education should be made democratic and practical. And the facts of country life can be taught. They can be taught by women, and they can be made interesting, for the ordinary teacher knows far more of the knowable, teachable things about agriculture than she does of these things in history, geography or physiology."

This rural uplift is not necessary only for money-making reasons, but for graver reasons. Only by such a program can the rural South be saved from the white race. We must bring all our forces to bear in hastening and developing this agricultural revolution, for the future of the cities will leave the rural South increasingly in control of the black man. And with the negro predominating in the South's agriculture the cities would break down."

Mr. Poe concluded by pointing out that it is half as much time had been given to meeting the practical needs of the farmer as has been given to agitation for larger salaries the farmer would now be paying the big salary because he was getting the results.

The first afternoon meeting of the Rural Life program was held outdoors on the university campus. About 500 teachers and farmers gathered to hear discussions and ask questions on the problems of "school extension work." The speakers emphasized the need of making the rural school agent for spreading modern agricultural knowledge through the communities.

Professor F. W. Howe, of the United States Department of Agriculture, spoke on the "organization of Boys' Food that Helps Baby and the Family Pleases Mother."

Show a mother how to feed her baby so that it will be healthy, rosy and plump and grow up strong, sturdy, and the mother's gratitude is everlasting.

A mother said: "Five weeks ago I weaned baby, but could not get her to take any kind of food until I tried Grape-Nuts, which she liked from the first, and on it she has plumped up and blossomed into a fat, chubby little girl."

"I feed Grape-Nuts to her regularly—three packages a week for baby and I three—because it keeps her contented, strong and in good health all the time."

"Since feeding my children on Grape-Nuts I have used absolutely no medicine for either of them. Such food as this that does such wonders wins its way to a mother's heart. Please accept our thanks for the good you food has done in our family where we all fit it."

Children will grow up strong and healthy, or weak and puny according to the food they get.

Grape-Nuts is a complete and perfect food for adults and children, is made on scientific lines and this is easily proved by trial.

Look in packages for a copy of the famous little book, "The Road to Wellville," "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

New Schoolhouse at Pamplin City



ENROLMENT IS GROWING AT MARTINSVILLE NORMAL

[Special to The Times-Dispatch.] MARTINSVILLE, Va., July 17.—The summer normal school here continues to grow both in numbers and in interest. The enrollment has now reached a total of 306, which makes it probably the largest in the State, except that at Charlottesville. On Friday night of last week Professor Harris Hart, of Roanoke, gave a very interesting lecture at the Academy of Music on the "Practical Teacher," in which he exhorted the teachers to be on their own, to own a piece of God's creation and to be a creator of wealth is better than to sell calico over a counter. Practically this can be done by individual effort, by growing better seed, raising crops, more live stock, etc. And second, by co-operation among the farmers themselves. The organization and methods of modern manufacture must be applied. In the country include farmers' institutes, test farms, rural free delivery, better sanitation, better roads and the county telephone."

On Tuesday evening of this week W. Powell Hale, of Tennessee, an important and Girls Clubs." He showed how in forty-six States the schools had organized their pupils into clubs for the competitive study of agriculture under practical conditions. This work was begun by the college of agriculture of Cornell University. Now only twenty States are without such clubs, and in thirteen States from which statistics are given there are over 100,000 members.

The method of work is to supply land and materials to boys for the growing of their own specimens. At the same time the girls are interested in domestic science, cooking, sewing, etc. Prizes are offered for such results as the best ear of corn, the best potatoes, tomatoes, etc., and the best loaf of bread, the best apron, and the best preserves. The contests are opened in the spring, and then there is an exhibition of the products in the fall. The schools give local shows, and the prize-winners are entered in a township contest. These prize-winners go to the county fair, and finally the three best go to the State corn show. By this means the farmer's children are taught the best practical methods of culture, and are trained to assume the duties of the life they will lead. They are stimulated by competition, and a revolution in the methods of teaching has been brought about. The plan has been adopted in Virginia, and the clubs are springing up throughout the State.

Work in Virginia. C. G. Maples discussed this work as at present done in Virginia. He spoke of the efforts being made by the Ladies' Club of Lynchburg, to teach agriculture and domestic science in Amherst county. They have offered prizes, which the merchants have readily contributed. In addition to the actual specimens of work done, the children are to hand in written reports of their work. This has been one of the most helpful parts of the scheme. The \$5 offered for the best speller in the county resulted in a regular old-fashioned spelling match. The Beverly Manor Improvement League, Staunton, has also taken up the method of improving rural conditions in its neighborhood.

O. B. Martin, formerly State Superintendent of Education of South Carolina, and now connected with farm demonstration work by the national Department of Agriculture, discussed school extension of agricultural teaching in ten Southern States. He said the purpose of the work was to make children "learn about the best things in nature, so that they may do the best things of life. It is not only the method of teaching but the method of living. And every teacher in Virginia can do something for school extension, and so for wider interests, broader outlook and greater sympathy among the future farmers of the State."

Mr. Martin said that the greatest result of the work was by stimulation and suggestion. It sent the boys engaged in corn-growing contests to the teacher, to the library and to the bulletin for information. And this habit, once acquired, was kept up.

Practical results have been achieved. There are 234 gardens in ten Southern States. One teacher, by going in for the cultivation of tomatoes, celery and two other plants, was able to raise enough money to buy a school library. In Nova Scotia the work has progressed so far that the government actually has taken over school gardens, paying to the school whose work is approved by an inspector the sum of \$100. All of this helps to convince the boys of the worthlessness of farm labor and sends them to the sources of the best information.

Work in the West. Professor A. H. Snyder, of the extension department of the Iowa Agricultural College, at Ames, Iowa, gave an outline of "Extension Work in the West." In his school the department has been put on the same footing with all the other departments, and is using all sorts of methods to further the work. Among those mentioned were farmers' institutes and farmers' clubs, traveling schools, conducted by expert special agricultural trains, county demonstration fields, cow test associations, exhibitions and judging contests, school work and traveling libraries. The county demonstration field is usually on the poor farm, and in it are planted specimens of the grains, etc., that are actually being used by the farmer's seed. These are taken from his planter and then developed in the field, under certain fixed conditions. In the fall a big picnic is given, and

the men and women of the section gather and see the results. This gives a concrete evidence of the difference in yield caused by the use of poor seed. The cow test associations are organized for the purpose of showing to the farmer whether the feed that he is putting in his milk cows is bringing a profit. A fee of \$1 a year is charged for testing the per cent of butter fat in the milk.

At the evening session the general topic was the means of making rural life attractive to farmers. Bristow Adams, of the United States Forestry Service, gave a lecture illustrated by colored slides on "Rural Life Attractiveness." This was preceded by several selections given by the Summer School Quartet. He said that the farmer did not need any real uplift.

All he needed was less drudgery and something to wake him to a sense of the beauty around him. Farm children had too little pleasure, and should be given a chance for a profitable and full life. Competitions in beautifying the school and home had proved serviceable. The three main rules for these landscape improvements were plenty of open space, plants in masses instead of in rows and the avoidance of straight lines. These were the simple means used by nature to be beautiful and could be applied everywhere. All this could be done with small expense, as 5 cents' worth of morning-glory seed would decorate a cottage. And with a proper insight a man could see in a cabbage field a Whistler symphony in blue and green.

Dr. S. W. Fletcher, director of the Virginia Agricultural Experiment Station, discussed the "Betterment of Rural Life in Virginia." He gave as the four essentials of this co-operation among farmers, education of all kinds, efficient transportation and sanitation. He then gave details showing what could be done along these lines, mentioning particularly the place that the country church and the country women should take in bettering conditions.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

Bears the Signature of J. C. Fitcher.

Keystone of Our Business



We keep our word about the quality of our work—must be best!

About fairness in prices—value for value always.
About our delivery service—promptness assured.
For all of which we want your trade.

ECLIPSE LAUNDRY
M. P. Gordon & Co., Proprietors,
Madison 418. 1519 W. Main.

PRO-PHY-TOL
FOR MOUTH, TEETH, GUMS

300 TEACHERS AT FREDERICKSBURG

Excursions and Sports Not Neglected in Work of the Summer School.

[Special to The Times-Dispatch.] FREDERICKSBURG, Va., July 17.—The Fredericksburg Summer Institute is having a most successful session. About 300 students are in attendance, and the personnel of the school is very high. The work is being done in the elegant new public school building. A very strong faculty is in charge of the several subjects. The faculty is composed of A. B. Chandler, Jr., conductor; W. N. Hamlet, Carl W. Steed, J. P. Neff, Arthur D. Wright, John S. Flory, A. C. Webb, Misses Alice N. Walker, M. M. Melson, Virginia M. Goolrick, Mamie H. Blackburn, Mary O. Graham, B. H. Coleman and W. C. Cobb.

Dr. Edward P. Bigelow, editor of St. Nicholas magazine, will lecture on nature study for the week beginning July 19. Many additional students are expected to register in time to take advantage of these lectures. As Dr. Bigelow is considered one of the greatest experts on nature work and one of the most inspiring lecturers on this subject in America.

Dr. C. C. Chief Health Officer of Richmond, gave a most instructive illustrated lecture last Friday evening to the faculty and students on school hygiene.

The male members of the Summer Institute faculty played a very amusing game of ball against the professional men of the city Friday afternoon. The game was attended by practically the entire student body.

Through the courtesy of the local line and the courtesy of the school board, the faculty of the institute had a most enjoyable outing down the river on the steamer Lancaster. Refreshments were served and inspiring music was furnished by local talent. Many visiting friends and colleagues of the city accompanied the school on this excursion.

EXAMINATION FOR RHODES SCHOLARSHIPS IN OCTOBER.

[Special to The Times-Dispatch.] CHARLOTTESVILLE, Va., July 17.—President Alderman of the University of Virginia, in receipt of a communication from Dr. George W. Parkin, chairman of the Rhodes Scholarship Trust, announcing that the qualifying examination from the Rhodes Scholarship from Virginia will be held at the University of Virginia on Tuesday and Wednesday, October 19 and 20.

The rules governing these examinations have been changed so as to allow candidates the option of either taking the examination on all subjects required for qualification in this country, or the candidate may elect to stand the examination on mathematics and Latin here, and in Greek at Oxford in the fall of 1910. The change of examination date from spring to fall is made in order to give the candidate electing to stand the examination in Greek at Oxford one year's time in which to prepare himself.

STUDY AND PLAY AT WINCHESTER

Many Teachers From Valley Towns Are Attending Summer Normal.

[Special to The Times-Dispatch.] WINCHESTER, Va., July 17.—The Winchester Summer Normal for Teachers is progressing nicely. There are about 170 in attendance, chiefly from the Valley, but quite a number are from other sections of the State. Professor N. D. Cool, principal of the Winchester schools, is acting conductor, assisted by Professor Thomas S. Settle, of the University of Virginia, and the faculty is composed of the following: Dr. Samuel A. Baer, president of Graham College; James C. Johnson, principal of the Harrisonburg High School; W. D. Smith, principal of the Shenandoah High School; W. H. Cooke, principal Randolph Grammar School; J. W. Huffinton, principal Front Royal schools; Miss M. E. Coppage, of Pulaski; Miss Ida M. Waits, of Winchester; Miss Lila C. Chapman, Hampton city schools; Miss Blanche M. Cone, Strasburg High School; Miss Janet Sharp, Parkersburg, W. Va.; Miss Ella M. Hayes, Chase City schools; Miss Bessie Coleman, Roanoke.

The close application to the studies by those in attendance and the high average of intelligence displayed has won the commendation of the faculty and them to expect the best results, while the prepossessing appearance of the teachers has attracted the pleased attention of the town folks. A number of interesting lectures have been delivered, including one by Professor Settle, who delivered another illustrated talk on the 23d "On Agriculture in Virginia Schools." Tuesday night Dr. S. P. Lane, of the State Board of Education, will deliver a lecture under the auspices of the board.

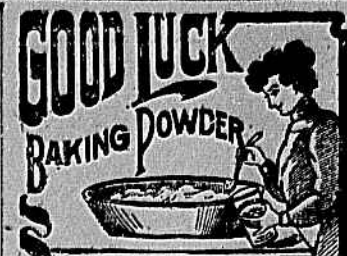
The routine work of the schoolroom has been enlivened with a number of minor social events. Friday night some of the faculty and students went to the school, in which the normal and local talent participated. Many of the surrounding places of historic interest have been visited by the teachers. Saturday a large party went on a where John Brown was noted abolitionist, was taken to day, and later executed at Charlestown, not far distant.

ATTENDANCE IS INCREASING AT CHASE CITY SCHOOL.

[Special to The Times-Dispatch.] CHASE CITY, Va., July 17.—Over twenty counties are now represented at the summer normal school here, and the attendance has greatly increased since the opening. Miss Beattie Coleman, of Chase City, teacher of "The Man of the Year," is an addition to the faculty.

An interesting lecture on "The Days of the King" was given Friday by Dr. R. B. Blackwell, of Randolph-Macon College.

Professor J. B. Tarrell, new county superintendent of King George, is a frequent visitor to the normal, and his lecture on "The Christian Teacher" profoundly impressed his audience. The lectures of Superintendent Jones of Petersburg on the "Local History of Southern Virginia" have been highly instructive.



"It Never Disappoints"

It Requires Less

Of "GOOD LUCK" to produce better results than any other baking powder. This is well known to all cooks who use it.

And It Costs Less!

These two facts are big considerations during these days of high prices. It retails at 4 cents for 5 cents; and 1 pound for 10 cents. Let your next order be "GOOD LUCK."

Southern Manufacturing Company
RICHMOND, VA.

Roanoke Social News.

[Special to The Times-Dispatch.] ROANOKE, Va., July 17.—Mrs. Charles Sanders entertained a number of guests Monday evening in honor of her guests, Miss Lillian Edgerton, of Petersburg, and Miss Helen Johnson, of Christiansburg. Miss Annie Lampkin and Harris Hart won the prizes.

Mrs. A. M. Nelson and Mrs. Tyler Meadows entertained a number of young people Tuesday evening in honor of their guests, Miss Mary Early, of Waco, Tex., and Miss Killy Har, of Richmond.

Mrs. Mary Cook has returned from a visit to Mrs. Frank Campbell, at Lewisburg, W. Va.

Mrs. Chiswell Dabney, of Chatham, is visiting her daughter, Mrs. Charles P. Jennings.

Mrs. Mary Penn is spending the summer at Patrick Springs.

Mrs. Goldwin Pigat has returned from a visit to relatives in Maryland.

Mrs. M. F. Brazz is visiting friends in Maryland.

Mrs. and Mrs. Samuel Carey have returned from a Northern trip.

Miss Moon, of Chatham, is visiting her sister, Mrs. J. H. W. Horton.

Miss Mary Work is visiting relatives in Philadelphia and Beverly, N. J.

Big Stone Gap Social News.

[Special to The Times-Dispatch.] BIG STONE GAP, Va., July 17.—M. D. Horton, of Hawkins county, Tenn., has returned from a visit to his brother, Mayor W. H. Horton, of this place.

Donald Reason, of Johnson City, was the guest of R. A. Morrison the first of the week.

Mrs. Langhorn, of Pulaski, is visiting friends here this week, the guest of Mrs. J. P. Bullitt and Mrs. John W. Chalkley.

Miss Lou Stevenson, of Frankfort, Ky., is visiting friends here.

Miss Ella Brown, of Jonesville, the guest of Mrs. E. L. Taylor.

Hay's Hair Health

YOU'LL BE SURPRISED TO SEE HOW YOUR HAIR IS RESTORED TO ITS NATURAL COLOR.

There's no excuse for unattractive gray or faded hair. It makes you look old when you're not—it's unattractive and embarrassing. Hay's Hair Health will bring back the natural color and beauty, and make your hair bright, lustrous and full of youthful vitality. Slope down and let it grow. Purely vegetable and harmless. Not a dye.

81 AND 82c. BOTTLES, AT DRUGGISTS. Hay's Hairline Soap cures Eczema, red, rough and chapped hands, and all skin diseases. Keeps skin cool and soft. 25c. Druggists. 2c. for free books, "The Care of the Skin," "The Care of the Hair."

Philo Hay Spec. Co., Newark, N. J.

OWENS & MINOR DRUG COMPANY

Can be sent here to be laundered without the slightest fear of injury to it. We make a specialty of women's laundering, and guarantee not to damage the sheerest garment. Send us yours to be done up. When you get them back again you'll not want to trust them to less skillful hands hereafter.

EAGLE STEAM LAUNDRY

723-5 West Cary. Phone Madison 4842

SICK HEADACHE

Positively cured by these Little Liver Pills. They also relieve Distress from Dyspepsia, Indigestion and Two Hearty Batching. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature. REFUSE SUBSTITUTES.

of Mr. and Mrs. G. N. Knight for several days, has returned home.

Mrs. Irma Orndorff, wife of Mr. Orndorff, Tenn., where she will spend some time visiting her aunt, Mrs. Craig Pennington.

Mrs. D. B. Orndorff, wife of Mr. Orndorff, Bluefield, is visiting Mrs. J. W. Hader.

Major C. E. Cabell has returned from a visit to his home in Springfield, Tenn.

Mrs. Howe P. Cochran, of Staunton, is visiting her son, C. C. Cochran, and will remain here some time.

Mrs. E. Pennington, of Dryden, who visited her daughter, Mrs. W. A. Beverly, this week, and returned to her home in Staunton, is visiting her granddaughter, Miss Virginia Beverly.

Rev. J. L. Carter is visiting his mother in Staunton.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. V. B. Drake and children, of Forsythe, Ga., are spending the month at the home of Mrs. Hook's sister, Mrs. E. E. Ewing.

Miss Mary Graham Kyle, of Roanoke, Va., who has been visiting at the home of her aunt, Mrs. H. K. Morrison, returned home Tuesday.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

Mrs. E. L. Hersey and son, Ralph, of Pulaski, are visiting relatives here.

A Good Way

to save money is to take advantage of some of these prices on groceries—the necessities of life. Read them over.

Mail orders packed and delivered to depot free of charge.

Extra Large Juicy Lemons, 22c per dozen.

Try our Silver King Best Patent Flour; best on the market; per bag, 44c; or, per barrel, \$6.75.

Try our 50c Mixed Tea for cold tea; regular price, 75c.

Large New Irish Potatoes, 20c per bushel.

Try our best Snowflake Patent Flour, 43c bag; or, per barrel, \$6.60.

Good Salt Pork, per pound, 10c.

California Hams, per pound, 11c.

Fresh Bologna Sausage, per pound, 8c.

Swift's Nappa Powders, 1-lb. packages, 6 for 25c.

Potted Ham and Tongue, per can, 4c.

10-pound tubs New Lake Fish, 75c.

Sifted Early June Peas, 3c.

New Seed Raisins, 1-lb. package, 8c.

Virginia Comb Honey, 12c per package.

New California Prunes, 5c per pound.

Good Lard, per pound, 9c.

New Onions, per peck, 30c.

Ullman's Pride Coffee, 2 pounds for 25c.

Ginger Snaps and Fresh Soda Crackers, per lb., 5c.

Whole Sweet Pickles, per